

**Boulet Physical Therapy  
& Wellness Institute**

Relieving your pain • Restoring your movement

BOULETPTANDWELLNESS.COM

Call Us Today!  
(337) 264-9856

# NEWSLETTER

Your Resource for Health, Wellness, and Caring for Your Body

**INSIDE:** Embrace Renewal and Access a Pain-Free Spring • Exercise Essentials • Spring Into Better Health • Healthy Recipe: Easy Mango Protein Smoothie

29

**YEARS OF RELIEVING  
YOUR PAIN AND  
RESTORING YOUR  
MOVEMENT**



**IT'S  
SPRING!  
EMBRACE  
THE SEASON  
OF RENEWAL**



**119 Representative Row  
Lafayette, LA 70508**

Phone: (337) 264-9856  
Fax: (337) 261-5042

**FOLLOW US ON  
SOCIAL MEDIA!**



**DIRECT ACCESS:** You Don't Need a Referral for Physical Therapy! Come See Us and Take Hold of a Changed Life!

**BOULETPTANDWELLNESS.COM**

# EMBRACE RENEWAL AND ACCESS A PAIN-FREE SPRING

**S**PRINGTIME IS HERE, and with it comes new beginnings, growth, and a chance to get started on reaching your fitness goals!

All of us have been stuck inside for months, so it goes without saying that now more than ever it's important to stay on top of your health and make sure you're engaging in activities that encourage you to get up and move. The weather is warming up, so it's a great time to "spring" into action and start doing the things you love again!

Sometimes, however, the fear of sustaining an injury can prevent you from leading a healthy and active lifestyle. If you're in need of assistance in improving your mobility, physical therapy can help. **Contact Boulet Physical Therapy & Wellness Institute today by calling (337) 264-9856 to schedule an appointment.**

*Don't sit on the sidelines this spring! Embrace the season of renewal by being attentive to your physical health. Contact your physical therapist at Boulet Physical Therapy & Wellness Institute today to schedule a return appointment and get back into action.*

**Give Us A Call: (337) 264-9856**

## EXERCISE ESSENTIALS

**USE THIS EXERCISE TO EASE KNEE PAIN AND GET BACK TO MOVING!**

*Always consult your physical therapist or physician before starting exercises you are unsure of.*

Exercises copyright of  
 SimpleSet Pro

### QUAD SET

While lying or sitting with a small towel rolled under your ankle, tighten your top thigh muscle to press the back of your knee downward towards the ground. Hold for 5-10 seconds, and then gently release to starting position. Repeat 5-10 times as needed throughout the day.



### How physical therapy can help you become more active for springtime

According to the HHS, "More than 80% of adults do not meet the guidelines for both aerobic and muscle-strengthening activities, and more than 80% of adolescents do not do enough aerobic physical activity to meet the guidelines for youth." Finding the time or the motivation to exercise is difficult for many people, but with a season of renewal right around the corner for us, it's important to know what your options are when it comes to getting into shape!

Physical therapy is not only useful for people recovering from an injury or surgical procedure. Boulet Physical Therapy & Wellness Institute physical therapists are movement specialists who offer safe and natural ways of healing, as well as ways to improve your overall level of fitness so that you can enjoy physical activities this spring!

A physical therapist can evaluate your current physical condition and assess your fitness level. Whether you're currently moving with assistance from a cane, walker, or orthotic device, or you're a serious athlete, physical therapy can help you increase your fitness level, reduce your chance of injury, and eliminate pain from sore muscles.

Our therapists can also teach you the proper techniques for warming up before your chosen activity and the best post-workout stretches for an effective cooldown.

**Boulet Physical Therapy & Wellness Institute**

Relieving your pain - Restoring your movement



**RELIEF IS IN YOUR REACH THIS SPRING! CALL (337) 264-9856 TODAY!**

# SPRING INTO BETTER HEALTH!

These 4 springtime activities can be made more enjoyable with the help of PT

A physical therapy program can increase your fitness level and help you make the most of your favorite activities! Some of the most common activities that physical therapy can help you enjoy more fully are running, gardening, biking, and yoga.

## RUNNING

Running can be hard on the joints, especially as we age. One of the most common injuries that keep people from running without pain is shin splints. These occur when there is pain along the large bone in the front of the lower leg, known as the tibia or shin bone. They are normally due to poor alignment of the body, or weakness in the leg muscles. A physical therapist can help make sure your joint health is up to par before you hit the trails!



## BIKING

Biking is a super fun activity people enjoy doing as it warms up outside! Similar to running and gardening, however, biking can also prove to be difficult if you're suffering from injuries that have not healed, or chronic pain conditions that restrict your mobility. Physical therapy can help to mobilize your joints and help you build up strength and endurance so you can continue taking those long bike rides through the park, mountains, or city streets!

## YOGA

Yoga is a great way to gently increase your heart rate and improve your levels of flexibility. It also strengthens your muscles! Many physical therapy programs already incorporate stretches that are found in yoga routines, however, if yoga is your preferred method of fitness, a physical therapist can help ease chronic aches and pains that may be making yoga difficult for you. The better you feel about your abilities to do your stretches and poses, the more often you can take your mat outside to practice!

## GARDENING

Gardening usually requires you to get down on your hands and knees in the dirt! Physical therapy can help you to relieve any knee pain you've been experiencing that may keep you from spending time outside tending your flowers, fruits or vegetables. Severe knee injuries often include bone bruises or damage to the cartilage or ligaments, which a physical therapist can identify and remedy.



*Boulet Physical Therapy & Wellness Institute offers many types of therapeutic methods to help athletes and weekend warriors alike to participate in whatever fitness or outdoor activity they love the most. If you're interested in polishing up your physical abilities this season, pick up the phone and call (337) 264-9856 today to schedule an appointment.*



CALL BOULET  
TODAY!

(337) 264-9856

BOULETPTANDWELLNESS.COM

## FUN & GAMES

# SUDOKU CHALLENGE

	8		4		6	9		
9			1			6		2
		2					1	4
		3		4				
8			5		9			4
				6		8		
	3	8				2		
1	4			7				3
		5	2		3		8	

### Object of the Game:

Place the numbers 1 to 9 in the empty squares so that each row, each column, and each 3x3 box contains the same number only once.

### Benefits of Sudoku:

- Improve your memory and stimulate your mind.
- Keep your brain active to reduce the effects of Alzheimer's.
- Increase your power of concentration.

Think you have it solved?

Scan the QR code with your smartphone's camera to discover the solution!



## OUR SERVICES

- Cupping
- Dry Needling
- Electrical Stimulation
- Ergonomic Training
- IASTM
- Joint Mobilization
- Kinesio Taping
- Laser Therapy
- Manual Therapy
- Muscle Energy Techniques
- Myofascial Release
- Postural Re-Education/ Training
- Therapeutic Exercise
- Ultrasound
- Vestibular Therapy

## HEALTHY RECIPE



## EASY MANGO PROTEIN SMOOTHIE

### INGREDIENTS:

- 1/2 cup unsweetened vanilla almond milk
- 1/2 cup low-fat vanilla Greek yogurt
- 1 cup frozen mango chunks (or about 1/2 of a fresh, chopped mango with 1/2 cup of ice)
- 1 scoop vanilla whey protein powder
- 1 tsp honey or to taste (optional)
- 1 mint sprig (optional)

### DIRECTIONS:

Blend mango, ice (if using), yogurt, almond milk, protein powder, and honey together in a blender until smooth. Garnish with a mint sprig if desired, and enjoy!

## HAS YOUR PAIN COME BACK?

- 1 Keep up with your physical therapy exercises to relieve pain and prevent further injuries.
- 2 If your pain doesn't subside, consult with your therapist about what other things might be causing pain.
- 3 Call Boulet Physical Therapy & Wellness Institute for a complimentary injury consultation. We will guide you so you can get back to the activities you love.

## WHAT PATIENTS ARE SAYING



**“Patricia took the time to listen to my concerns and goals and used her experience to help me get there!”**

*“Patricia Boulet and her staff are amazing! I've been going to Boulet Physical Therapy & Wellness Institute for about 2 years for different surgery rehabs! I feel I have progressed due to Patricia's careful evaluation and rehab program. I have recommended Boulet Physical Therapy & Wellness Institute to family and friends. Patricia took the time to listen to my concerns and goals and used her experience to help me get there!” -M.M.*

## YOUR HEALTH IS OUR PRIORITY

We are doing our best to minimize your risk for exposure to COVID-19, as well as all other viruses. We continue to maintain a clean clinic through:

- Vigilant cleaning of all surfaces
- Frequent hand washing
- Mandatory mask-wearing
- Consistent disinfecting of treatment rooms and surfaces between appointments
- Screening those who come through our door

If you have questions about our COVID-19 procedures, please call us at **337-264-9856**.